

# Urbana Senior Center

UrbanaSeniorCenter@FrederickCountyMD.gov ♦ 301-600-7020 ♦ [www.FrederickCountyMD.gov/aging](http://www.FrederickCountyMD.gov/aging)

## May Program Highlights

### Senior Carnival

The Frederick County Senior Centers invite you to celebrate Older Americans Month at our senior carnival! Games! Music! Prizes! Entertainment! Bingo! Food will be available for purchase.

**Date:** Friday, May 30

**Time:** 10:00 a.m. – 2:00 p.m.

**Cost:** \$5.00 (food is an extra cost)

**Location:** Frederick Senior Center

### Advanced Directives

Make your appointment now to have an advance directive prepared for free. Pro bono attorneys will be here for Law Day.

**Date:** Thursday, May 1

**Time:** Call for an appointment

**Cost:** Free

### Tai Chi

Improve Balance! Improve Strength of Body! Achieve Clarity & Focus of Mind! Gain Calmness & Lightness of Spirit! This 10-week program is taught by Claudia Olson.

**Date:** Mondays, starting May 5

**Time:** 1:00-2:00 pm

**Cost:** \$30.00

### Bunco! Bunco! Bunco!

Enjoy an evening of Bunco! We play for fun and bragging rights! Light refreshments!

**Date:** Tuesday, May 27

**Time:** 5:30 p.m. **Cost:** Free

### Dance Exercise Program

Instructor led dance exercise featuring movements from different ethnic groups.

**Date:** Tuesdays

**Time:** 10:30 a.m. **Cost:** Free

### Getting Your

### Financial House in Order

Christine Evans LoVetro, Esquire will discuss:

- Financial Power of Attorney
- Titling of Bank Accounts
- Listing beneficiaries on documents
- Importance of having a will
- Very brief discussion about Trusts

**Date:** Tuesday, May 20

**Time:** 6:30 p.m.

**Cost:** Free

### Breakfast for Lunch &

### Ask Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve's talk will be "How can I make sure my doctor knows what I want? A discussion on ways to talk to your health care providers about your desires, concerns and decisions"

**Date:** Thursday, May 8

Sign-up by Tuesday, May 6

**Time:** Noon

**Cost:** \$4.80 (Regular meal cost)

### Mobile Information and Assistance (I&A)

A team from MD Food Bank, Energy Assistance and the Department of Aging will visit the center to provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

**Date:** Thursday, May 8

Appointments are encouraged

**Time:** 11:00 a.m. **Cost:** Free